

"Festive Family Thanksgiving Cookbook"

Recipe

Holiday Fruit Salad

Serves 8 ● Preparation time 25 minutes

¼ cup sugar

4 tsp. cornstarch

2 Tbs. lemon juice

1- 13¼ oz. can pineapple chunks in light syrup, drained, reserve ½ cup syrup

4 medium oranges, peeled and cut in chunks

1 cup seedless grapes, cut in half

¾ cup celery, sliced

½ cup walnuts, coarsely chopped

1 small head lettuce, (optional)

To make dressing, combine in a small sauce pan sugar and cornstarch. Stir in reserved ½ cup pineapple syrup. Cook and stir over medium heat until thick and bubbly. Cook 1 minute more. Remove from heat. Stir in lemon juice and then chill the dressing.



Combine pineapple, oranges, grapes, celery and walnuts. Toss with the chilled dressing. Serve on lettuce-lined plates (optional).

Nutrition Facts Per Serving: 149 Calories, 5 g Total Fat, 45 calories from Fat, 1 g Saturated Fat, 12 mg Sodium, not a significant source of Cholesterol.

Nutrition Tip:

"Move over Waldorf salad. This fat free dressing enhances the flavor of the fruits and makes this salad a light alternative to a traditional high calorie salad."

Sandy Wales, Health Educator Assistant

